

THINGS WILL GO

POEMS ABOUT LOSING THINGS,
PEOPLE, AND PLACES



BY TRADITIONALBODYWORK.COM

Table of Contents

Preface	4
Poems about Losing Things, People, and Places	6
THINGS WILL GO	6
WHAT IS LOVE	7
PARADISE NOW LOST	8
THIS PLACE.....	9
RAYS OF LIGHT	10
THE OTHER SHORE	11
HONEY	12
NO, NOT ANYMORE.....	13
HUMANS OF THE SHELVES	14
ALONE.....	15
PARALLELS.....	16
EASY COME, EASY GO	17
MY DREAMS	18
WHAT LEFT	19
DUTY AND DESIRE.....	20
HOW ELSE.....	21
ALL AND EACH	22
I BUILT A BRIDGE	23
MADNESS	24
THE FLOW OF LIFE.....	25
TIME.....	26
REAL LOVE	27
I SCREAMED.....	28
A LIFE NOW GONE	29
LOSING TRACK.....	30
THE GAME	31
FOLLOW THEE	32
WITHOUT A SIGN	33
BROKEN WINGS	34
DUCKS AND DOGS.....	35
ETERNITY	36
THE SECRET	37
SILVER WINGS.....	38
ONE DAY	39
Appendix	40

*There are things
we don't want,
but need to accept.
Things we don't know,
but need to learn.
And people we love,
but need to let go.*

Preface

Since I was a small child, my life has been characterized by moving from one place or country to another.

Continually letting go of friends, family, my surroundings, and personal belongings became a deeply ingrained part of my life.

The poems in this book were written in 2012, and reflect my feelings and experiences around “loss,” about needing to let go and adapt, about “moving on.”

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About the Author

I initially studied Information Technology in the Netherlands and worked seventeen years in software and database development for a variety of international companies and organizations.

In 2009, I left Holland for good, and discovered the beauty and healing power of Thai Massage and Reusi Dat Ton (Thai Yoga) in Thailand. It changed my life’s direction and inspired

me to become a massage and yoga practitioner and teacher.

After my return to Europe, I started offering treatments and training, and — for about a decade — regularly returned to Thailand to further my training in the Thai healing arts.

In 2018, I co-founded the TraditionalBodywork.com website as a platform to publish articles, eBooks, and Video Workshops about Thai Massage and Reusi Dat Ton.

Today, I also publish works about other types of massage and bodywork, somatic practices, alternative and complementary therapies, nature, spirituality, and unconventional lifestyles.

In addition, I share essays, poems, and reflections about my personal life experiences.

You can learn more about my background and about the website through <https://www.traditionalbodywork.com/>

Poems about Losing Things, People, and Places

Things Will Go

How can love
turn into hate

and hate in apathy
and apathy in rape
bringing forth
a newborn child

isn't life
just telling me

that nothing stays
in same old ways
that things will come
and things will go

that life will die
and death also.

What Is Love

What is love
but a whim
and a fairy tale

change of hearts
change of roads
and off we go

what is love
but a drill
and necessity

change of minds
change of ways
and end of show

what is love
but a glimpse
of eternity

chains of souls
breaking loose
and there we go.

Paradise Now Lost

I needed to let go
take the train
at any cost

I knew it meant
to say goodbye
paradise now lost

I made the trip
I felt the chill
this icy frost

I knew it meant
a new beginning
paradise now tossed.

This Place

I came and saw
this place
rhythm, pleasant pace

I saw the people
smile, a friendly face
living smoothly in a maze

I came and saw
I took a walk
no one there to talk

I saw the people
angry, troubled faces
I was slipping through the mazes

I came and saw
this place
and then there was the chase.